

PROM shld flx w/pulley

- Attach pulley to secure object.
- Hold handles in each hand.
- Pull down with uninvolved arm, raising involved arm through a painfree range.
- Lower and repeat.

Perform 1 set of 10 Repetitions,
twice a day.

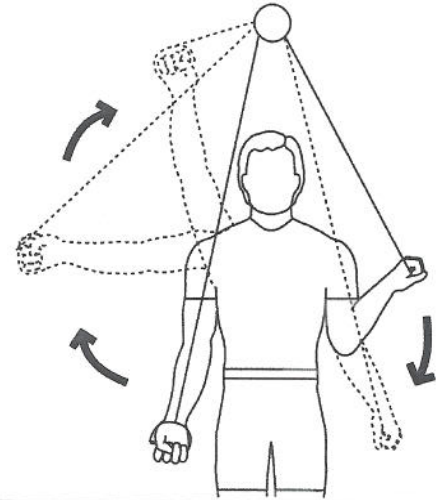
Perform 1 repetition every 4 Seconds.
Hold exercise for 10 Seconds.

AAROM shld abd uni w/pulley self

- Attach pulley to secure object.
- Face away from the pulley.
- Begin with involved arm at side, elbow straight, holding handle, palm forward.
- Grasp other handle with uninvolved arm.
- Raise involved arm out to side, over head pulling on other handle as needed.
- Return to starting position.

Perform 1 set of 10 Repetitions,
twice a day.

Perform 1 repetition every 4 Seconds.
Use Pulley.
Hold exercise for 10 Seconds.



AAROM shld IR w/pulley self

- Attach pulley to secure object overhead.
- Stand with back to door.
- Grasp handles in both hands.
- Gently pull down with the uninvolved arm and allow involved arm to rise up behind back.
- Relax and repeat.

Perform 1 set of 10 Repetitions,
twice a day.

Perform 1 repetition every 4 Seconds.
Use Pulley.
Hold exercise for 10 Seconds.

